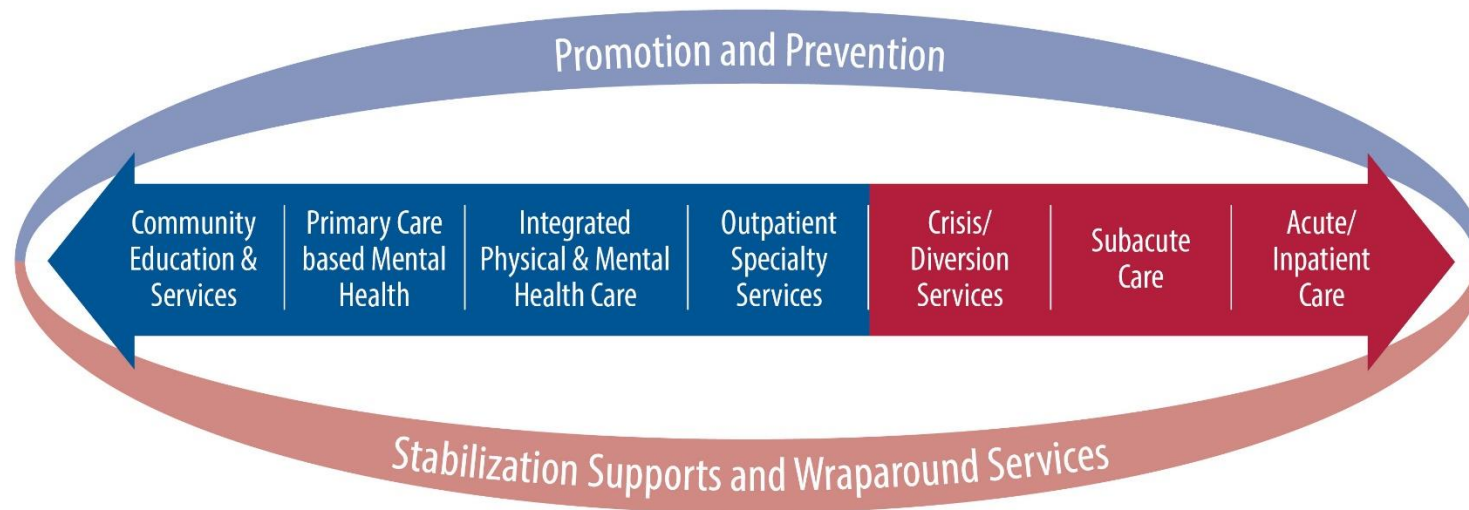


# Continuum of Mental Health Services



Reduces the stigma and discrimination surrounding mental health, and the burden associated with seeking and treating mental health conditions. Increases an individual's ability to manage their mental wellness.

Treatment and interventions for individuals and families with the goal of reducing symptoms and increasing capacity to thrive in work, school, and relationships.

Crisis response and stabilization with the goal of preventing escalation and helping people achieve stability in order to enter treatment and manage their condition.

Helps people manage their mental wellness in the community. May extend beyond mental health care to services and supports that address "whole person" care and the social determinants of health.